



## Healthy Soft Contact Lens Habits

- Wash your hands thoroughly with soap, rinse and dry them before handling your lenses.
- Do NOT use tap water to clean or handle your lenses or to clean the case! Water contains microbes that can get trapped beneath the lens and cause serious eye infections.
- Always rub and rinse your contact lenses with fresh solution before storing them in a contact lens case. Never use water or saliva to wet or store your contacts.
- Discard the solution in the lens case every day. Never “top-off” the solution in your contact lens case, always use fresh solution.
- Clean the case with solution and let air dry completely, uncapped and upside down, on a paper towel. Replace your case at least every 3 months.
- Always recap your solution bottle.
- Do NOT sleep or nap in your lenses unless prescribed to do so by your eye doctor. By sleeping in contact lenses, you are severely limiting the amount of oxygen that can reach your corneas.
- Never share your contact lenses with anyone.
- Before using any type of eye drop (prescription or over the counter), ask your doctor if the lenses need to be removed.
- Your eye doctor has selected a wearing and replacement schedule for you. These are important to be followed.

*Remove your lenses immediately if you have any discomfort, redness, blurred vision, or eye pain and call our office at (808) 501-2020.*

Your contact lens check up is scheduled:

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Your contact lenses must be replaced every:

Day    2 Weeks    Month